

Elizabeth Lee's Pound Cake

3 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking powder
1 cup butter
1/2 cup shortening
3 cups granulated sugar
5 large eggs
1 cup nonfat milk
1 teaspoon vanilla

Lightly coat a 16-cup tube pan with shortening and dust with flour, or use baking spray. Arrange baking rack in the center of the oven, but do not preheat the oven.

In a medium bowl, whisk together the flour, salt and baking powder. Set aside.

With an electric mixer on medium speed, cream the butter and shortening together until well-blended, 1 to 2 minutes. Add the sugar and mix on medium speed for 3 to 5 minutes, or until light and fluffy. Add the eggs one at a time, beating on medium speed for 1 minute between each addition. Reduce the speed to low and add the flour mixture alternating with the milk in three stages, blending just until combined. Scrape down the bowl. Add the vanilla and mix on low speed just until incorporated.

Pour the batter into the prepared pan. Use a spatula to smooth the top. Place the pan on the middle rack of a cold oven. Set the temperature to 325 degrees and bake for 90 minutes.

The cake is done when a toothpick inserted in the center comes out clean. Cool in the pan on a rack for 20 minutes. Run a knife around the inside of the pan to make sure the cake has pulled away completely, then turn the cake onto a plate. Quickly turn the cake again, this time onto a serving plate. Serve warm or at room temperature.

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Blue Willow Inn's Famous Fried Green Tomatoes

Servings: 6
3 green tomatoes
1 1/2 cups buttermilk
2 eggs, lightly beaten
1 teaspoon salt, divided in half
1 teaspoon black pepper, divided in half
1 tablespoon plus 1 1/2 cups self-rising flour
2 cups vegetable oil

Wash and slice the tomatoes into 1/2-inch slices. In a medium-size bowl mix the buttermilk and eggs. Add 1/2 teaspoon of the salt, 1/2 teaspoon of the pepper, and 1 tablespoon of the flour. Mix well. Place the tomato slices in the buttermilk and egg mixture. Set aside to rest.

Preheat the oil in a heavy skillet or electric fryer to 350 degrees.

In a medium-size bowl mix the remaining 1 1/2 cups flour, 1/2 teaspoon salt and 1/2 teaspoon pepper. Remove the tomato slices from the buttermilk/egg mixture and toss them, one at a time, in the flour mixture, coating them thoroughly.

Carefully place the tomato slices in the heated oil and fry until golden brown. Turn them 2 or 3 times. Be careful not to crowd the tomatoes during frying. Do not allow them to overlap or they will stick together. Cook until crisp. Drain on paper towels. Serve immediately.



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